



SENIOR AIRMAN JEANETTE COPELAND

Chief Selectees

■ The following base senior master sergeants have been selected for promotion to chief master sergeant.

Gilbert Lozano,

30th Civil Engineer Squadron

Tommy Clemons,

30th Communications Squadron

Mike Brodzinski,

14th Air Force

Calvin Peterson,

14th Air Force

Senior Airman Mark Rische (left) and Tech. Sgt. Scott Morrison from the 576th Flight Test Squadron Refurbishment Section, prepare Launch Facility-26 for reuse after Saturday's Minuteman III launch.

Refurbishers recycle missile silos

BY TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ Team Vandenberg successfully launched another Minuteman III Saturday, leaving behind a charred, blackened and overall dirty missile silo in sore need of repair.

Unlike Minuteman silos in the field, which are designed for one time use, the missile silos at Vandenberg are reused over and over again. But prior to firing another missile from the silo there's an enormous amount of refurbishment which goes into making it ready for future test launches. That's where Vandenberg's 576th Flight Test Squadron refurbishment section enters the picture.

"Refurbishment normally begins the first duty day after a launch," said Tech. Sgt. Andy Gregorsok, 576th FTS, refurbishment site supervisor. "Basi-

cally, everything inside the launch tube is destroyed during the launch."

According to Gregorsok, the refurbishing crews enter the launch tube and begin removing and replacing equipment that was damaged or destroyed during the launch.

A two-man crew, attached to a safety harness, is initially lowered into the 120-foot silo in a basket, which is attached to a cable and held by a crane. While suspended in the silo they disconnect any damaged wire or cabling and excavate expended explosive ordinance at various locations in the silo.

Afterward, the blast residue is removed from the walls of the silo using steel brushes. The workers wear protective clothing and masks in this refurbishing phase, Gregorsok said. The fine particle's from the residue

can damage a person's lungs, he added.

The blast residue is then collected in 55-gallon drums at the base of the silo. "It's normal to have about five drums once we're finished," said Gregorsok. The residue is considered hazardous waste so it's disposed of in accordance with Santa Barbara County environmental regulations, he added.

Next, a damage inspection is carried out, focusing on any equipment, cabling and wiring that is designed to survive the launch. Identified items are either removed, repaired or written up for the purpose of repairing them prior to completing the inspection. According to Gregorsok, this is the most time consuming phase of the operation.

"Once the inspection phase is complete, the electronic maintenance team comes in and we start testing all

the systems in the launch facility."

The systems have to work as though a missile were actually in the silo, Gregorsok said. If there are any problems, they will be fixed prior to placing a new booster in the facility.

It usually takes about 90 days to get the silo ready for another launch.

"We've done it in a shorter time depending on the launch schedule," Gregorsok added, "but 90 days is usually what it takes."

After the fourth consecutive launch, the entire suspension system that the booster sits on is removed and transported to Detachment 41 here for refurbishment.

"It's not a very clean or glamorous job," said Master Sgt. Becky Barna, refurbishment section superintendent. "But the crew is dedicated and they are very good at what they do."

CComment



Col. Steve Lanning
Commander,
30th Space Wing

606-7850

Commander's Action Line

As the wing commander, my primary focus is on the mission and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

Callers are asked to leave their name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

Turning left onto California during rush hour poses such an unnecessary hazard. It's worth your few extra minutes to travel to the California/Utah intersection where you will wait only one traffic cycle, not 30 minutes.

Your suggestion to use a flag-man is unfeasible for two reasons. First, due to low visibility during the foggy morning rush hour, posting a flag-man in the high-volume, high-speed (35-mph) traffic lanes of California Boulevard creates

Answers

a serious safety hazard both to the flag-man and to the passing automobiles.

Second, even during periods of normal visibility, posting a flag-man on California Boulevard will have a negative impact on the inbound traffic flow potentially creating long back-ups at the Main Gate and at the Highway 1 traffic light.

SPEED LIMIT

Q The closure of Utah Gate has extended commuting times for residents of officer housing. Would you consider having base safety do a feasibility study on raising the speed limit on Utah Avenue from 25 m.p.h. to 35 m.p.h.?

Since there are no longer any housing units directly on the street, it seems safe to increase the speed limits outside of the school area.

A The stretch of road to which you are referring may not have houses directly fronting the street, but it is still basically a residential-area street.

The purpose of having a reduced speed limit in a residential area is for the protection of the higher concentration of children in the area.

While I understand your rationale for requesting a higher speed limit to expedite travel times during the gate construction closure, I believe the higher speed would pose an increased risk to our children.

Of course, though the speed limit in our residential area is the maximum safe speed under ideal conditions, drivers are responsible for reducing their speed if weather, visibility, road defects or other factors render driving conditions less than ideal.

Commander recognizes contributions of 'true' first Americans

By GEN. LLOYD NEWTON

Commander, Air Education and Training Command

■ RANDOLPH AIR FORCE BASE, Texas -- Since American Indians and Alaska Natives are truly the first Americans, it is important that we reflect on their unique cultures and the contributions they have made to our nation's success.

For that reason, we observe National American Indian and Alaska Native Heritage month throughout November.

The "first Americans" have remarkably diverse heritages that link them to the very essence of this great land of ours. The remaining tribes of today represent only a small portion of the many tribal nations that previously existed. Before the arrival of Columbus, Indian nations covered the entire North American continent, extending through Central and South America.

Alaska Natives and American Indians have repeatedly made important contributions to the nation at every level. For example, Charles Curtis, a Kaw Indian from Kansas, served as vice president of the United States under President Herbert Hoover. During World War II, American Indians accounted for 71 Air Medals, 51 Silver Stars, 34 Distinguished Flying Crosses, and two Medals of Honor. Also during World War II, Eskimo scouts faithfully patrolled 5,000 miles of Aleutian coastline and 200,000 miles of tundra, rescuing downed U.S. airmen. During the Vietnam War, 41,500 American Indians served in our military forces.

More recently, in 1990, prior to Operation Desert Storm, some 24,000 American Indian men and women were in the military. Approximately 3,000 served in the Persian Gulf, with three among those killed in action. One out of every four American Indian males is a military veteran and 45 to 47 percent of tribal leaders today are military veterans.

Within the military community, we are privileged to serve with Alaska Natives and American Indians who contribute their talents in every aspect to our expeditionary aerospace force. Diversity is a strength when the talents of each of us are recognized and harnessed, and our differences celebrated.

During November, I ask that each of you take the time to reflect and learn about the contributions American Indians and Alaska Natives have made to enhance the freedom and prosperity of our nation today. You'll be glad you did.



Gen. Lloyd Newton
Commander,
Air Education and
Training Command

UTAH GATE

Q I understand that no traffic can use Utah Gate during the closure, but I thought Utah Gate was renovated last year. Why is it being done again?

Another concern of mine is the hazardous situation for commuters trying to exit the base via California Boulevard from Juniper Street.

Rush-hour traffic makes it virtually impossible to cross safely. The other day I waited, along with many others, for more than 30 minutes. Will you consider posting a flag-man during rush hour at this uncontrolled intersection until Utah Gate is reopened?

A To answer your first question, the only redundant work associated with the Utah Gate project is approximately 5,000 square feet of asphalt paving.

This paving, as you remembered, was replaced when Utah Road was realigned in conjunction with our fourth phase of Military Family Housing replacement.

We are now replacing the gate-house with a structure that matches the architecture you see at the main and south base gates. In addition, we are moving overhead utilities underground.

Your second question is a common one. Until Utah Gate reopens, projected for late March 2000, drivers leaving main base housing and heading toward the main gate should use the traffic light at California Boulevard and Utah Street for left turns onto California during periods of heavy traffic.

Residents, who would normally use Utah Gate, should now use an alternate route that doesn't pose unnecessary traffic hazards to themselves or others.

SPACE&MISSILETIMES

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First shirt lists finer points to getting promoted

BY MASTER SGT. ROY BLANCO
30th Civil Engineer Squadron First Sergeant



I have a question for those of you who test for promotion under the Weighted Airman Promotion System or WAPS. How many of you have ever had a supervisor or superintendent sit down with you and explain the finer points to getting promoted? I'd like to offer a few ideas that just might help you earn that next stripe.

The first thing to get over is the perception problem. Some of the things I hear are, "I don't do well on tests." Or, "I'm not a bookworm kind of person." Some common complaints I hear are range from, "That darn cutoff went up 20 points." To, "The reason I missed Tech. Sgt. was because Master Sgt. Doe messed up my EPR, and I didn't get my max EPR points." To those who have been around the block a few times, many of these statements probably sound all too familiar.

For many, it's easier to complain or blame someone else because they didn't get that promotion. But, the bottom line is, as our former Command Chief Master Sergeant Kipp Thonack once said, "Ya gotta wanna." If you really want that promotion, and you're having a problem on just how to approach all that study material and retain it for a test, then I have a simple plan that will work for just about anyone regardless of your perceived "brain capacity." There's plenty of free advice on how to study. But, I feel this plan is simple and will keep you focused. Remember, 44 percent of your promotion is 100 percent within your control.

- ♦ The first step is to set a study schedule. I'm talking about taking only one hour of your time Monday through Friday. If you get extra time in on the weekend, then good for you. An hour a day won't drastically cut in to your

personal time and allows you to retain what you need. This also means you need to start studying about five months from the beginning of the test cycle.

- ♦ The next step is to preview what you're going to study. This way you don't stop in the middle of a section. It's important to complete each section you study. Remember, repetition is the key.
- ♦ Read and comprehend the material. I can't overemphasize this one enough. You have to read the material and understand what you read. Also, I suggest you cover the material at least three times. And I mean just read it. The first time, read the material front to back. The second time, maybe read it back to front. For the last time, rank order the chapters/CDC volumes according to which ones you need help with first.
- ♦ This leads into the next step, going from known to unknown. Spend time on areas you need to study more first. This is especially true for those who have five AFSCs crammed into one, and you haven't had experience in all aspects of your job.
- ♦ Next, give yourself at least a month before the test cycle begins to review. You have to assume you'll get an early test date. If you've prepared well, you'll want to test early. Remember too, after testing you should know how well you did.
- ♦ Balance SKT/PFE. Don't forget the entire PFE and then read you CDCs because you'll more than likely forget what you read the first time. My suggestion is to alternate two days in the PFE and two days in SKT.
- ♦ Highlight only key words and phrases. I've seen people highlight a whole page. Other than brushing up on your coloring skills, what's the point?
- ♦ Use the review materials only after you've read the material completely. Save the PFE computer program,

URE questions, flashcards, etc until AFTER you've read the material. Nothing substitutes for reading the material. I once had a guy work for me who was in tears because he missed staff sergeant for the fourth time. I found out he was only studying the review material and didn't read the books. He read the books and got his line number the next cycle.

- ♦ Aim for an A – Aim High. Forget all the number crunching! So what if you needed a 62 on both tests last year. So what if you don't have all your EPR points. The bottom-line is you need to approach the test as if you're taking a college exam. You want to get an "A" on your test don't you? What happens if you shoot for "62s" ("D" work) on both tests and miss the mark? No promotion for you.
- ♦ Lastly, cover up the answers for each question and answer the question in your head first. If you know the answer, it will keep you honest. If you're unsure of the answer, you'll be able to take yourself back to the material by covering the answers. As you uncover the answers, the answer will more than likely jump out at you. Otherwise, you're trying to fit the answers to the question, and that'll never work.

Remember, it's your promotion, and like anything else, you get what you put into it. The concept is repetition. That's why I say, you don't have to be a Rhodes Scholar to get promoted under WAPS. You just have to be committed. As you test, you'll be surprised at what you remember when you see it on paper. One other point to keep in mind – the cutoff score is determined by the people testing, and the percentage promoted is what really matters. Believe me, the recent 36 percent promotion rate for staff sergeant was the highest since the inception of WAPS in 1970. Best of luck to you all and remember the time is NOW!

“Remember, it’s your promotion, and like anything else, you get what you put into it. The concept is repetition. That’s why I say, you don’t have to be a Rhodes Scholar to get promoted under WAPS. You just have to be committed.”

Master Sgt. Roy Blanco
30th Civil Engineer Squadron first sergeant

NEWS

BRIEFS

TEAM VANDENBERG SET TO SWING INTO THE HOLIDAYS

■ The Team Vandenberg Holiday Party will be held Dec. 4 in the Pacific Coast Club. Social hour begins at 6 p.m. and a dinner buffet will begin at 7 p.m. Tickets go on sale next week.

MILITARY VISA DIFFERENT FROM GOVERNMENT TRAVEL CARD

■ Some military members have received letters from Bank of America inviting them to use convenience checks to get started on Christmas purchases. If used, the checks will be drawn against the members "military Visa card." That is a personal Visa account. This incentive has caused some confusion because of the government travel card which is also a Visa card from Bank of America. The convenience checks will not and should not be used by members against their government travel card. That card is for official travel and travel related expenses only. For more information, call the 30th Space Wing Staff Judge Advocate Office at 605-6220.

INSPECTOR GENERAL MOVES TO NEW OFFICES IN 10577

■ The 30th Space Wing Inspector General's office has moved to a new location. It is still in building 10577 but it is now located in room A-100. Visual aids on office bulletin boards need to be updated to reflect this change. For more information, call Master Sgt. Miles Dutton at 606-2183.

HEALTH CARE ADVISORY COUNCIL MEETS TUESDAY

■ The health care advisory council meets Tuesday at 2 p.m. in the 30th Medical Group conference room. All units and civic groups are asked to send a representative. For more information, call Tech. Sgt. Joann Phoenix at 605-8042.

VANDENBERG ADC BRIEFS MEMBERS ON LEGAL RIGHTS

■ Capt. Wendy Davis, Vandenberg's Area Defense Counsel, will give a briefing Tuesday at 3 p.m. in Sesto Auditorium. She will discuss the legal rights of military members, the ADCs role and, time permitting, the urinalysis program. There will also be a breathalyzer demonstration. Attendance is voluntary and the briefing will last about 90 minutes. Members may attend only a portion of the presentation and late-comers are welcome.

HOUSING MAINTENANCE STAFF INSPECT HOME EQUIPMENT

■ Inspections will be conducted in base housing through Nov. 30 in the evenings and on weekends. For more information, call 734-5586.

Training unit unveils new simulator

BY CAPT. BARTH LIPPERT
533rd Training Squadron

■ Today the 381st Training Group and the 533rd Training Squadron unveil a new, state-of-the-art space operations simulator. Col. Mark Lilevjen, 381st TRG commander, will cut the ceremonial ribbon to officially introduce the new equipment.

The new simulator will train operators of the new Space-based Infrared System at the 2nd Space Warning Squadron, Buckley Air National Guard Base, Colo.

The simulator takes the place of two systems previously trained at Vandenberg by the 533rd, the Defense Support Program and the Attack, Launch, and Early Report to Theater program. Both programs ceased training Oct. 1, 1998, in order to construct the new simulator and develop new course materials.

Construction of the new simulator started in November 1998 and was completed in June, ahead of schedule and under budget. The contractor, Lockheed Martin Mission Systems, then brought in the computer hardware and loaded the software.

In September, the 533rd TRS started using the simulator to develop training scenarios to be presented to students.

From September 1998 to April



SENIOR AIRMAN JEANETTE COPELAND

(Right to left) Senior Airman Trevor Alf, Tech. Sgt. Ron Kelly and Capt. Elijah Ricca of the 533rd Training Squadron, test equipment in the new Space-based Infrared System training simulator.

1999, eight instructors were trained by contractors in Boulder, Colo. to learn the four positions that will be trained in the new simulator. They are also responsible for training the remaining base instructors who did not attend formal training. In addition, those eight instructors wrote lesson plans and tests and developed workbooks and

visual aids the students will use.

Students will begin to arrive for training in January. These students will be made up of regular Air Force members, Air Force Reservists, and Air National Guardsmen, as well as foreign military students from Australia, the United Kingdom, and Canada.

Base needs volunteers for kids' Christmas party

BY TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ With the holiday season just around the corner, now would be a good time to start looking for that perfect Christmas gift and avoid the rush, however, some will be getting their gifts a bit early.

A precursor to the holidays is the annual Operation Kids' Christmas party sponsored by the Vandenberg Community. This year marks the 41st anniversary of OKC.

"Operation Kids' Christmas is a program where 200 underprivileged children from the surrounding community are invited on base for the Christmas party of a lifetime," said Lt. Col. Nancy Snyder, OKC chairman.

Drivers and buses furnished by the 30th Transportation Squadron pick the children up in their communities and bring them to Vandenberg for the party, said Capt. Glen Roettger, assistant OKC chairman. The Children come from the communities of Lompoc, Santa Maria, Guadalupe, Santa Ynez and Solvang, he added.

The Children are selected by helping organizations in the towns, Snyder said, primarily the Salvation Army and the coordinating council for Lompoc.

Once they arrive at the Main Gate the children are given a police and fire department escort to the Pacific Coast Club, Snyder said. When the children arrive at the club they are met by their personal escort, a service member assigned to Vandenberg who has volunteered for the event, she added.

"The party itself is a lot of fun," said Snyder. "There are dancers, clowns and balloons, and of course, Santa Claus," she added. Also there will be magicians and plenty of music.

Besides the party entertainment, each child receives new toys, a sweatshirt and a 25 dollar gift certificate for shoes and socks, Snyder said. Each child's family also receives a bag of groceries for a complete Christmas dinner.

More than 200 active duty volunteers are needed to escort the children.

Base civilians and military family members are also needed to help set up the ballroom on the day of the party, load food boxes onto trucks, and to serve lunch, said Snyder. Volunteers will also serve hot dogs and ice cream, she added.

"We'll also be wrapping 1200 to 1400 Christmas presents at the warehouse Nov. 20," said Snyder. "That's always a lot fun

too, it helps get you in the spirit of Christmas."

Operations Kids' Christmas is about Vandenberg giving back to the community, Snyder said. The toys, gifts and food are purchased with funds donated from military, civilian and contractor charitable organizations on base.

Roettger said many people that were involved with OKC in the past want to be part of it again. "You couldn't have an Operations Kid's Christmas without some of the people that continuously come back," he said.

A lot of the children speak Spanish and it was a big hit last year when Col. Charles Phillips, 30th Space Wing Vice Commander, spoke Spanish as part of his remarks, said Snyder. This year there will be a Master of Ceremonies who speaks English and a Master of Ceremonies who speaks Spanish so the script will be done in both languages. "I think that will really add to the spirit," said Snyder.

This year's Operation Kids' Christmas party is Dec. 4, at the Pacific Coast Club at 10 a.m. Base members who want to volunteer as escorts or help with preparation can call Roettger at 605-2905 or Master Sgt. Roy Blanco at 606-7358.

Team Vandenberg welcomes 36 new captains



■ The following base first lieutenants have been selected for promotion to captain.

David Borgenson,
30th Operations Support Squadron
Kengi Hutchins,
30th OSS
Tyr Brenner,
30th Contracting Squadron

Patricia Wells,
30th CONS
Tom Knowles,
30th Space Wing Public Affairs
Randolph Langer,
30th SW Manpower and Quality
John Shipman,
30th SW Chaplain
Christopher Morgan,
30th SW Staff Judge Advocate Office
Samantha Ray,
30th Communications Squadron
Robert Schmoldt,
30th Mission Support Squadron
Denise Anne Smith,
2nd Space Launch Squadron
Wah Wai Sze,
30th Medical Support Squadron
Natalie O’Brien,
30th Medical Operations Squadron
Gregory Fox,
30th Weather Squadron

Scott Bonzer,
533rd Training Squadron
William Ellingboe,
533rd TRS
Ronald Haines,
392nd Training Squadron
Tommy Ray,
392nd TRS
William Church,
392nd TRS
Steven Folds,
392nd TRS
Mun Lee,
392nd TRS
Stacy Huser,
534th Training Squadron
Kenneth Mierz,
534th TRS
Todd Moore,
534th TRS
Jimmy Soles Jr.,
534th TRS

Thomas SteMarie,
534th TRS
Scott Anderson,
534th TRS
Eric Sands,
534th TRS
Thomas Robbins,
381st Training Support Squadron
Yvonne Fedee,
Detachment 9,
Space and Missile Systems Center
Ian Moreno,
Det. 9, SMC
Scott Pukay,
Det. 9, SMC
Christopher Alexander,
576th Flight Test Squadron
Erika Fernald,
576th FLTS
Patricia Teran-Dick,
576th FLTS

Everyone plays a role in suicide prevention

Air Force suicide rates for 1998 hit 20-year low

BY SENIOR AIRMAN PAUL GROVE
30th Space Wing Public Affairs

■ It's a national epidemic. But one that many are afraid to talk about. It's become the eighth leading cause of all deaths in the United States. Yet, it's also within one's grasp to prevent.

Every year, more than 30,000 Americans take their own lives in suicide. Last year, the Air Force saw 34 active-duty deaths attributed to suicide. This is the lowest reported number of suicide deaths in 20 years. In 1997, there were 45 suicide deaths reported, down from 48 in 1996.

According to an Air Force News report, Lt. Gen. Charles Roadman, Air Force surgeon general, attributed the decline to a change in military member's attitudes about seeking help for their problems.

"People have begun to acknowledge that it is acceptable to get help to cope with life's problems," Roadman said.

While base officials are encouraged by the downward trend, they also believe that one suicide death is too many and more can be done to prevent further loss.

"Suicide is a permanent solution to a temporary problem that can be solved," said Capt. Byron Navey, 30th Medical Group staff psychologist. "Help is out

there. We have methods to help people that are there for the asking."

To combat future suicides, Navey cited the importance of suicide education and awareness programs for Air Force members. In particular, he cited the LINK program as vital to preventing future suicides. LINK stands for: **Look** for potential concerns; **Inquire** about the situation; **Note** the level of risk; **Know** the referral process and resources.

According to Navey, three signs to look for in a person is their APB – attitude, problems and behavior changes. The first sign, attitude, is whether or not an individual has rapid or inappropriate mood swings.

"Things to look for is whether they're always sad, but won't talk about it," Navey said. "They also go from happy to sad and back for no obvious reason."

The second sign revolves around three major problems: relationship problems, financial problems and legal problems.

"Nearly all Air Force members who have committed suicide in the last few years have had one or more of these problems," he said.

In recognizing behavior changes, Navey said individuals should look for sudden changes in hygiene, eating, drinking and social habits.

"In particular, changes in vice

behavior are big things to look for," he added.

If individuals suspect a person may be suicidal or notice these signs, Navey offers a simple piece of advice.

"The important thing to do is ask them the hard question," he said. "Don't be afraid to ask somebody if they're thinking of hurting themselves. That's the bottom line."

From there, people have to use themselves as the gauge against which they judge the other person's answer, said Navey.

"If what they say makes you more comfortable about their risk level then great," he said. "If you are not comfortable with their answer, consider getting help."

Good answers range from, "I would never do that," to "I have too much to live for." Whereas a bad answer may be, "I don't know," or "Why don't you get off my back."

According to Navey, if the answer makes you uncomfortable, individuals should call a supervisor or first sergeant to help them assess the situation while keeping an eye on the person until they get help. If there is nobody around for a "second opinion," then people should call mental health at 606-8217 or 911.

"This is no time to be shy about attracting attention," he said. "Everyone plays a role in preventing suicide."

Suicide facts

■ In America, there is one suicide every 16.9 minutes. Every 42 seconds, somebody attempts suicide.

■ Suicide is the third leading cause of death for people between the ages of 15 and 24.

■ Women are three times more likely to attempt suicide than men. Men are three times more likely to commit suicide than women.

■ Drugs and alcohol were contributing factors in two-thirds of all suicide attempts.

■ The holiday season does not pose a greater threat for suicide and suicide attempts. Statistically, most suicides occur during the months of October and March.

Suicide myths

Myth: People who talk about it aren't likely to really do it. **Reality:** People usually talk to someone before attempting suicide.

Myth: People only attempt suicide once and don't usually try again.

Reality: Eighty percent of suicide victims attempted it before.

Myth: Talking about it will make someone try it. **Reality:** Talking about suicide will never give someone the idea if they're not already thinking about it.

Enjoy holiday season by managing stressful situations

BY CAPT. BYRON NAVEY
30th Medical Group

As the year winds down and the weather turns colder and Saturdays see us raking leaves more often than cutting grass, we all anticipate amiable gatherings with friends and family.

Sure they are. But let's look at reality; the 'holidays' are a time spent toting Bobby and Susie back and forth from one set of relatives to another. We sit eating cold snack food from wilting paper plates and drinking punch and eggnog concoctions that only make it out during this time of year.

O.K., maybe I'm being too harsh on the whole thing, I suppose there are lots of you out there who have wonderful families and who look forward to spending quality time with them around the holidays. This article is not for you; go back to addressing your Thanksgiving cards.

For everyone else, perhaps you could use a few practical tips for making the whole holiday madness run just a little smoother:

Just say no. Feel free to decline a few invitations. Nothing will take the joy out of a nice evening faster than knowing that you have to leave at six because you have to be at the next place by six-thirty. You are in control of your own schedule. If you over-book yourself, you'll have less energy and attention to give to any one thing and your enjoyment level will surely crash.

Lowered expectations. Every dish will not be perfect. Every gift will not be exactly what they wanted. Every person will not be the charming host or guest you always knew they could be. In fact, stress often brings out the worst in people. Uncle Bob may drink too much. Mom will probably wait until Christmas dinner to tell everyone about her rupture. Go ahead and be prepared for a few

bumps in the holiday road and then when the inevitable happens, you'll take it in stride and keep smiling.

Prioritize. Grandparents are great, aunts and uncles are wonderful, cousins are priceless. But twenty years from now, no one in your house will remember much about the great time you had at cousin Mike's. It's nice to see family members once in a while, but the memorable times are the one's you create inside your own front door.

Set aside the most important times for just you and your family. Have one or two close family members over if you must, but keep it as close as you can to just those in your house. Even if it's just the two of you, these are the moments that will be remembered and cherished. After all, these are the people you chose to build a life with!

Tradition. Rituals and traditions are vital to the development of a sense of identity through family – and that's not

just kid stuff! Mom and Dad also need the feeling of family community and identification that is fostered when we do our "special little things" that only we do. If you have family traditions, great! Don't let them go. If you don't though, consider creating some.

Do something different than what your family did when you were growing up; make it special. Try reading a holiday story to the kids, serving a certain food, playing a particular game; anything that makes the people in your house feel more like a family.

Incidentally, don't worry if the kids think you're corny. In a few years, they'll be doing the same thing with their kids and you can make sure they hear about it!

The holiday season can be a joyful time and it can be a very stressful time. Hopefully, these few strategies will help you accentuate the joy and squash the stress.

19 **FRI.**

■Registration for the University of LaVerne winter semester is now until Dec. 17 for

undergraduate and graduate students. Classes begin Jan. 10. The program is open to military members and civilians. For more information call 606-5664 or 734-1306.

■The 1999 Community Needs Assessment Surveys have arrived at the community support center. Air Force members will be randomly selected to participated in the survey. For more information on the program call Master Sgt. Chauncey Rivera at 606-0039.

■ The community support center has information concerning the Air Force Aid Society's Gen. Henry H. Arnold Education Grant Program which awards \$1500 in grants to sons, daughters and spouses of active duty, retired and deceased Air Force members. Dependents of retired reservists also qualify. For more information on the scholarship program call 605-8551.

30 **TUE.**

■The Douhet Society will meet Nov. 30 at noon in the base library. The book discussion will be *Winged Victory: The Army Air Force in World War II*, by Geoffrey Perret. For more information call 2nd Lt. John Pease at 605-6430.

1 **WED.**

■ Faculty members from the Aerospace Engineering Department at Cal Poly will visit the education center Dec. 1 at 4 p.m. to introduce the masters degree program in aerospace engineering. All interested Air Force and contractor personnel are invited to attend the meeting. For more information call 606-5933.

■ The Allan Hancock Youth Ballet will present *The Nutcracker* Dec. 3 through Dec. 5 at the Santa Maria High School's Ethel Pope Auditorium. For additional information call

the Allan Hancock College Performing Arts Center at 922-8313.

■ The Canticle A Cappella Choir will perform *A Canticle Christmas* Dec. 3 at 8:15 p.m. and Dec. 5 at 3 p.m. in Our Lady of Sorrows Church in Santa Barbara. For ticket and program information call 566-4646.

■ Operation Kids' Christmas is looking for volunteers to be an escort or worker for their annual Christmas party Dec. 4 from 10 a.m. to 1 p.m. at the Pacific Coast Club. More than 200 escorts

are needed along with 30 additional workers. For more information on Operation Kids' Christmas or to sign-up to help call Master Sgt. Roy Blanco at 606-7358 or Capt. Glenn Roettger at 605-2905.

4 **SAT.**

■ The Santa Barbara Chamber Orchestra presents *The Great Concerto Night of the 20th Century* Dec. 7 ; 8 p.m. at the

Lobero Theatre in Santa Barbara. For ticket information call 963-0761.

11 **SAT.**

■ The education center will hold the Scholastic Aptitude Test Dec. 11 at 8 a.m. for military members only. Call 606-5933 for more information.

12 **SUN.**

■ Vandenberg Leisure Tours will be taking a trip to the Crystal Cathedral to watch the

Glory of Christmas Dec. 12. Cost is \$65 which includes transportation and seating. For more information call 606-7976.

MOVIESToday

Drive Me Crazy (PG-13), 91 min.

Saturday and Sunday

For the Love of the Game (PG-13), 103 min.

Thursday

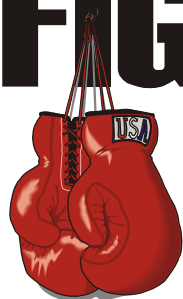
Closed for Thanksgiving

S^{30th} Services

NEWS

FIGHT NIGHT

is back!



LIVE IN THE BALLROOM!

NOV. 27

**DOORS OPEN AT 6 p.m.,
1st ROUND at 7 p.m.**



**USAF (Kelly AFB)
VS**

USMC (Camp Pendleton)

Members \$7, Bonafide Guests \$12

BOWLING CENTER

ATTENTION STUDENTS! 5th through 12th grade bring in your report card with "A's, B's or Excellent" and receive a "Bowl 1 get 1 FREE" coupon. Coupons can be used anytime lanes are available.

The Bowling Center will be closed Thursday, and reopen for breakfast Friday, at 6:30 a.m.

Scotch Double Tournament! Nov. 27. Check in at 5:30 p.m., bowl at 6 p.m. Cost \$12 per person.

FITNESS CENTER

5K/10K Turkey Trot! Nov 19 at 11 a.m. FREE for all eligible runners.

Invitational Varsity Tournament of Champions! Friday through Sunday at 7 p.m. in the main gym.

The Fitness Center is looking for a **volunteer tennis instructor**. If you are interested give them a call 606-3832.

Fitness Challenge Race to 2000 is underway at the Fitness Center. Work out and receive points for your Squadron. Cards are available at the reception desk.

GOLF COURSE

Thanksgiving Turkey Shoot Tournament! Saturday at 7:30 a.m.

Thanksgiving Day weekend (Thursday through Saturday) tee times will be drawn at 3 p.m. on Tuesday.

Remember, every Wednesday is "**Ladies Priority**" from 8:30 a.m. to 9:15 a.m.

DEMO CLUB SETS for sale, beginning Dec 1.

MIZUNO includes 1 & 3 woods, 3-PW and bag, \$800.

TITLEIST includes 3 & 5 woods, 3-PW, putter & bag, \$825.

SPALDING includes 1, 3 & 5 woods, 3-PW, SW & bag, \$950.

CALLAWAY includes 1, 3 & 5 woods, 3-PW, SW & bag, \$1250.

PING ISI includes 3-SW & bag, \$500

LIBRARY

Military Family Week, Sunday through Nov. 28.

Douhet Society CSAF Discussion Reading Group, "Winged Victory" Nov. 30, noon.

NOVEMBER REMINDERS!

FOOTBALL Frenzy

This Monday!
Raiders VS Broncos
Doors open at 5 p.m.
Game time 6 p.m.
Free food! Prizes & More!

Football Frenzy is in both the "Hawks Nest" & "Launch Pad" bars

Pacific Coast Club
MONGOLIAN BBQ
Special Night!
Nov. 30, 6-8 p.m.
\$5.95 (5oz) .95 each additional oz.

SPECIAL Sunday Brunch!

At the Pacific Coast Club
Sunday, 10 a.m. - 2 p.m.

\$12.95 (members only)

\$6.95 children 4 - 11

PLUS! Kids FREE Bingo!

3 p.m. - 5 p.m.

Children 4 - 12

**Coming December 31
1999
NEW YEARS EVE**

2000
Pennies
CELEBRATION!

Tickets Now Available

30th Services

NEWS



**COMING TO VANDENBERG AFB
NOV. 30**

7:30 P.M. IN SESTO AUDITORIUM

For more information call Carol Smith Neal at 605-8974

PAINTBALL

ALL DAY PAINTBALL!

Central Coast Paintball Park
Santa Margarita

Transportation provided \$5.00 per person

Meet at Outdoor Recreation 7:30am

Pay at the park

\$24.00 ALL equipment included

\$15.00 if you have your own equipment

P.O.C. Pam Coffey or Michael J. Renner @ 606-5908

NOVEMBER 20 7:30AM

GLORY OF CHRISTMAS

At the Crystal Cathedral

Dec. 12, 1999

\$65 per person

Includes transportation

& balcony seating

Tickets available through V.I.T.T. 606-

7976

